Kate Redwine

Pure Green Coffee Bean Extract: The Quick Start Guide to Burn Fat, Avoid Green Coffee Scams, and Reviews of Green Coffee Beans for Weight Loss

The #1 Best-Seller by the Green Coffee Bean Lady

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Pure Green Coffee Bean Extract: The Quick Start Guide to Burn Fat, Avoid Green Coffee Scams and Reviews of Green Coffee Beans for Weight Loss

By Kate Redwine

This book is dedicated to my mother, **Lesia Redwine**, who

encouraged me to follow my dreams.

Thanks Mom!

I'd also like to dedicate this book to my father, **Tyrone Adams**,

may you rest in peace with God.

I love you Dad!

Last but certainly not least, I would like to give a big

Thanks to my daughter **Alexus Lawson**, who is also my best friend!

Mommy loves you Lexi!

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Pure Green Coffee Bean Extract: The Quick Start Guide to Burn Fat, Avoid Green Coffee Scams and Reviews of Green Coffee Beans for Weight Loss

By Kate Redwine

If you would like to receive my **free** report: *The 2 Things You Must Know **BEFORE** You Take Green Coffee Beans Extract for Weight Loss*, go to www.greencoffeebeansextractblog.com for more information.

We'd love to add you to our growing online community.

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Medical Disclosure:

Before you start any new diet plan, I would suggest you consult with your medical doctor for safety and health reasons. I am in no way a medical professional and I do not issue medical advice. I am merely sharing my opinions based on my research and my own experience. If you start a new diet plan without consulting your medical doctor, you do so at your own discretion.

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Introduction: How I Lost 30 Pounds in 30 Days (naturally) with Green Smoothies and Exercise

There I was again. This was my third time being off work on disability. My back was hurting so bad and it felt like something was literally sitting on my tailbone. I could have blamed it on my back injury from 2003. After all, I did hurt myself while working at a hospital as an Imaging Logistics Tech. For those of you out there who don't know what an Imaging Log Tech is, that would be the person that transports the patients from all over the hospital to the Radiology department.

It was a hard job but the good thing about it was that I lost a lot of weight walking back and forth. I'll never forget the day when I hurt myself. We were short staffed that day and I was called to the 8th floor. If anybody was called to the 8th floor, it was either good or bad. On one side, you had the very wealthy and famous patients and on the other side you had the gastric bypass patients.

When I got to the 8th floor, I was notified by the head nurse that there was a gastric bypass patient that had to go to the Radiology department. When the lady looked at me, she said, "Honey, who's going to help you?" This woman literally started laughing right in my face. I told her we were

short staffed and I was hoping the nurses would help me out. This particular patient weighed at least 500 pounds! When I saw her on the bed, I had this sinking feeling in the pit of my stomach because I knew it was going to be hard to transfer her to the gurney. Luckily there were 4 more nurses that would help me.

I pulled the gurney up on the side of the bed. She was lying there waiting on us to make a move. I was on one side with a nurse. Two nurses were on the other side. One more nurse was at the foot of the bed. At first we tried to push her body gently to the gurney and that was a definite fail. She didn't even budge. I immediately felt a pop in my back but I brushed it off because we all were caught up in the moment. We tried a few more times and they were all failed attempts too.

I was thinking in my mind, "This is my last time doing this!" I mean how many times are we going to push and pull? However, the last time was different. The head nurse had an idea. She got a few garbage bags and we slid them under the patient. She told us to pull the garbage bags and then slide her to the gurney. You know, it actually worked! I was so glad but there was just one more thing. I had to roll her on the gurney from one side of the hospital to the other. The Radiology department was actually on the ground floor.

When I was pushing the gurney, I felt these sharp pains in my lower back. It was almost unbearable and I felt like I wanted to faint. I remember that I had a pop in my back earlier. I immediately knew that my back was in trouble. It took every ounce of strength within my body to push that patient to the imaging department. But thank the dear Lord I made it! After that one incident I struggled for years with excruciating back pain. When this incident happened, I was in my early 20's, so by the age of 23 I was on bed rest. I had to go through physical therapy, get cortisone shots, see internal medicine doctors, and go through a 2 year worker's compensation case that was absolutely draining to say the least.

I noticed throughout the years that I definitely did not have the same body I had while working at the hospital. To be perfectly honest, the fat snuck up on me out of nowhere! Yeah right!

I had more "pushing to the cushion." That's just an old school saying for people with more body weight. I was not happy with my appearance and I was tired of being a victim of a back injury. Although I had a few back spasms, I couldn't help but to think there was something more to my back pain. "Was it really because of my back injury or because of the weight gain?" This was a question that I was asking myself every single day.

I was in denial but I figured out why the back pain seemed to go away and constantly come back. This was because I was overweight!!!!!!!! There I said it. It felt good too! There was so much pressure from my protruding belly, big butt, and thunder thighs. Apparently too much weight that I couldn't handle and neither could my back. A few years went by, 7 years to be exact, and I was at a new job, had graduated from college, and was fatter than I'd ever been. I was a whopping 220 pounds!

This was my third time going out on disability for back pain. I was sick and tired of being sick and tired. I tried every diet solution known to man and nothing seemed to work, except one thing. I made up my mind that I would be healthier by the time I returned to work and I was going to lose weight within a month's time. This would be something so remarkable that no one would ever believe that it was legal. I knew I could do it and do it naturally.

I read up online about raw food and the health benefits of it as well as weight loss. One specific thing that stood out in my mind was green smoothies. I thought to myself, "What can possibly go wrong?" I mean, if it's natural, then the only thing that could happen is that I wouldn't lose any weight. I knew I had nothing to lose and everything to gain.

I started buying my leafy greens such as kale, collard greens, turnip greens, dark leafy lettuce and spinach for my green smoothies. I bought bananas, blueberries, strawberries and peaches to add. I already had an old blender that would work just fine. By doing some research, I found out that you should start with 60% fruit and 40% green veggies and then gradually work your way up to 60% veggies and 40% fruit.

The fruit in your green smoothies are added to deter that bitter veggie taste. I must tell you that it also tastes delicious.

Here's a sample of a daily routine that you could use:

- Morning – Drink 2-3 cups of green smoothies
- Snack – A cup of green smoothies with a granola bar
- Lunch – Eat a salad chock full of green veggies, 1 cup of Green smoothies or some baked fish with vegetables.
- Snack – Another cup of green smoothies
- Dinner – Baked skinless chicken breast with steamed vegetables, 2 veggie capsules
- My day also consisted of lots of water to hydrate my body. 13 cups of water to be exact.

That's just a sample of a 1 day meal plan. You actually get full off of the green smoothies and it provides all the nutrients your body needs to

detoxify and burn fat. It may sound unbelievable but it worked really well. After about 1 week, I noticed I had already dropped 10 pounds. Pounds started dropping off effortlessly. My skin was radiant, bright and smooth. My arm fat started melting away and my belly started going down! People were shocked. They thought I had some sort of weight loss surgery. When I explained to them what I had done, they couldn't believe it and wanted in on the green smoothie craze. I had my mother, stepfather, sister, and daughter blending those awesome leafy greens for a power packed health boost.

As a result of consistently taking the green smoothies, eating delicious healthy meals, exercising 30 minutes a day, and drinking lots of water, I was able to lose 30 pounds in 30 days. So, I am a living witness that anyone can do it. It honestly wasn't that hard. I had a system going and I stuck with it.

If I could do it, ANYONE can do it! Just in case you want to know more about some green smoothie recipes that I personally have used and my exercise routines, you can visit my blog at www.greencoffeebeansextractblog.com for more information. I'll be sharing some awesome goodies…

Okay, enough with the shameless promotion.

Let's talk about green coffee beans and how I got the name "Green Coffee Bean Lady."

I want to be clear that I am NOT an avid coffee drinker and never have been. I was fascinated with the scientific study of green coffee beans, the health benefits, as well as the weight loss praises green coffee beans have received from Dr. Mehmet Oz, host of the Dr. Oz show and Dr. Lindsey Duncan, Celebrity Nutritionist and Naturopathic Doctor. I was so intrigued that I started doing my own research to learn everything I possibly could about those green coffee beans. I became so obsessed with the topic that I coined the name 'Green Coffee Bean Lady' and built a community of people who want honest reviews and a support system. The rest is history!

Please note - *I've used some humorous quotes throughout this book about weight loss. It is not intended to offend anyone. It's only for a good laugh.*

"The biggest seller is cookbooks and the second is diet books – how not to eat what you've just learned how to cook." –Andy Rooney

Chapter 1: What's the "Skinny" on Green Coffee Beans?

I really don't want to bore you with all the data, stats, etc…but I really want you to be informed about green coffee beans for weight loss. You should definitely know all of the facts before you waste your time and money.

Here's the deal:

The University of Scranton Study

Dr. Joe Vinson of the University of Scranton presented a study in March 2012 which consisted of a randomized, double-blind, placebo controlled, linear dose study published in the January 2012 issue of the peer-reviewed journal Diabetes Metabolic Syndrome and Obesity.

This was a 22-week study involving 16 participants who showed an average weight loss of 17 pounds – a 10.5 percent overall weight loss and a 16 percent overall body-fat reduction. The study participants consumed on average 2400 calories per day and still lost weight.

The study confirmed that the key to the effectiveness of green coffee bean extract is based on the compound chlorogenic acid. Chlorogenic acid helps to keep the body from absorbing sugar from the digestive tract and it also stimulates the burning of fat by the liver.

The researchers who conducted the study, as well as consumers who have tried the extract, say it does indeed promote weight loss without any significant side effects.

Japanese Green Coffee Extract Study on "Mice"

In a 2006 study, Hiroshi Shimoda, a scientist at the Oryza Oil & Fat Chemical Company, Limited, in Aichi, Japan, found that coffee made out green, which are unroasted coffee beans, promote weight loss.

"If a human consumes one kilogram per day of food (2.2 pounds) containing 10 grams (.35 ounce) of green coffee bean extract for 14 days, the increase in body weight may be suppressed by 35 percent," said Hiroshi Shimoda.

The researchers determined that there are two key types of compounds in unroasted coffee beans. The first is caffeine. The second is chlorogenic acid and its related compounds. Heating destroys the acids. Roasting leads to the decomposition of chlorogenic acid and forms brown reactants.

Shimoda and his team conducted the study by feeding mice a diet containing one percent green coffee bean extract. Some of the mice received food in which ONLY a small amount of caffeine or chlorogenic acid was added.

The Conclusion?

An analysis revealed that caffeine and the acid had little effect on the mice, but together, the compounds reduced body weight by 35 percent when compared to mice that consumed no green coffee extract over the 13 day period.

The scientists believe caffeine releases fatty acids from fat stored but chlorogenic acid helps the liver to process these fatty acids more efficiently. Findings were published *in BioMed Central Complementary and Alternative Medicine.*

The Skinny on Chlorogenic Acid

The Chlorogenic Acid, the natural active compound in green coffee beans, works by inhibiting the release of glucose in the body while at the same time boosting the metabolism or "burning" the fat in the liver. These two mechanisms combined work together to inhibit the absorption of fat and eliminate weight gain.

Chlorogenic acid also helps regulate metabolism. Green coffee bean extract is twice as effective as absorbing oxygen free radicals. One of the advantages of using green coffee bean extract is the negative effects of coffee are avoided. There are many benefits for drinking the chlorogenic acids but researchers have reported a reduction in the risk of diabetes and assisting the body burn a higher proportion of lipids (fats) compared to carbohydrates.

Here's a quick overview of what the chlorogenic acid that's found in raw green coffee beans actually does:

Green Coffee Pure recently issued a press release stating:

"If chlorogenic acid is present in the body it causes the liver to slow the release of glucose into the bloodstream. The body requires a certain amount of glucose to create energy in order to perform physical activities throughout the day.

When there is an insufficient amount of glucose in the bloodstream, the body will turn to its stored fat supply and convert it into glucose. This is

known as lipolysis. A benefit of lipolysis is thermogenesis, which causes the body's metabolism to rise in order to burn more fat."

Dr. Oz's Green Coffee Bean Project Weight Loss Study

With all the buzz going on and people continuously asking about green coffee beans extract weight loss results. The Dr. Oz Show, the shows Medical Unit, conducted 'The Green Coffee Bean Project' under the guidance of experts like Dr. Caroline Apovian and registered dietician Kristin Kirkpatrick.

Here's the skinny:

- The study was for 2 weeks ONLY
- There were 100 women enlisted between the ages of 35-49 who were overweight
- Their BMI (Body Mass Index) was between 25 and 45
- The women were not pregnant or breastfeeding
- They didn't have any "major" medical problems including diabetes or a history of heart attacks and strokes
- Some women received the green coffee bean extract capsules while others received a placebo
- All women were instructed to take 400mg capsules 3x a day – 30 minutes before meals
- None of the women knew which pills they were given
- All participants were told to not change their diet

- They also had to keep a food journal that would help the Dr. Oz Show keep track of their meals

- The weigh-in took place and here's the deal....DRUM ROLL.

The group of women who took the green coffee beans extract lost an average of two pounds. The placebo group lost an average of one pound – possibly because they were aware of their diet.

This once again shows that there is a little bit of hope for those green coffee beans. Now I must say that Dr. Oz reiterated that he has NOT specifically endorsed any product and for people to report companies who are using his likeness or image.

Now that I've shared a little history on the data, stats, and studies on green coffee beans...I want to talk more in depth about what they are.

What Are Green Coffee Beans?

In very simple terms, green coffee is coffee produced from unroasted coffee beans. Roasting coffee beans gives them their distinct color and aroma. Green coffee beans have little aroma and a slightly bitter taste.

What Is Green Coffee Bean Extract?

Green coffee bean extract is a light to dark yellowish brown powder, rich in several polyphenols called hydroxycinnamic acids, of which the two prominent acids are chlorogenic and caffeic acids. Green coffee bean extract is sometimes standardized to more than 50% chlorogenic acid. Green coffee bean extract is full of powerful anti-oxidants. Green coffee beans contain polyphenols which help reduce free radicals in the body.

Health Benefits of Green Coffee Beans

The benefits of green coffee extract seem to be absolutely amazing for your overall health.

Here's my quick list of the various health benefits of green coffee extract:

- Overall Health – Chlorogenic Acid is a polyphenol that has been shown to neutralize several carcinogenic compounds before they can cause cancer.
- Cardiovascular Health – Chlorogenic Acid has shown positive results for treating hypertension.
- Blood Pressure – Green Coffee Bean Extracts also inhibits bad cholesterol that can damage the arteries and accelerate atherosclerosis.

- Healthy Blood Sugar Levels – Chlorogenic Acid helps to reduce blood sugar levels.

The benefits for green coffee beans extract helps with weight loss, cardiovascular health, healthy blood sugar levels and overall disease prevention due to the high levels of antioxidants in green coffee beans.

Diabetes and Controlling Blood Sugar

Is the **green coffee bean extract diabetes** buster? This has been asked many times when the green coffee debuted as a wellness product very ideal for people who want to lose weight. The answer to this question is a simple yes. Green coffee or unroasted Arabica coffee beans (with better quality than raw Robusta beans) are very rich sources of chlorogenic acid compound and polyphenols.

Both naturally occurring substances are great antioxidants that flush out free radicals in the body. Chlorogenic acid is dissolved as soon as the coffee beans are roasted; that is why extracting this from raw coffee beans is the ideal way to maximize its weight loss property.

Weight Loss and Diabetes

It has been established in the medical community that weight loss is directly related to the decrease of diabetes risk. People who are pre-diabetic can effectively freeze the downslide to full blown diabetes when they find ways to eat better and lose weight. Polyphenols and chlorogenic acid speed up the metabolic rate of the body helping it burn off fat faster than normal.

Drinking green coffee beans extract together with a balanced diet and an effective exercise program gets you to your ideal weight in no time.

Polyphenols, Chlorogenic Acid, and Diabetes

Polyphenols and chlorogenic acid practically slows down the degeneration of cells. This ability to correct the body's imbalances makes it a very powerful substance to also control blood sugar levels. As effective as the green beans coffee is for controlling mild hypertension, it also shows a proven ability to keep sugar levels on check all the time. Together with its weight loss property, diabetes precursors are put on hold. With prolonged intake of green coffee extract, diabetes can be an easily controlled dysfunction in the body.

Green Coffee Bean Extract –Diabetes Complications No More!

If you are looking for ways to compliment your diabetes management measures, you can integrate green coffee beans to your daily intake to control blood sugar and dramatically decrease complications from unstable blood sugar levels. Is the green coffee bean extract diabetes buster? Scientifics studies say so. It helps you have better metabolism, it keeps you in control of your weight, it controls your sugar levels, and it also stops cell degeneration from the long-standing struggle with diabetes. It is the perfect natural therapy that is both effective and safe.

Testimonies – Let's hear it!

There's a lot of hype going on including "made up" testimonies about green coffee beans. So I did my research, and although, several people have blatantly said they do not work for them; I've actually found several real world testimonies from people who have had great results.

5 Interesting "REAL" World Testimonials - *names have been changed for privacy*

Testimony 1:

Jimmy Lee says, "Exactly 70 days ago, I started on the Pure Green Coffee Bean Extract. I weighed 402 pounds and I had long given up on the hope that diets would work. But after watching your show (the Dr. Oz show), I decided to give it a shot. For 70 days, I have been using the extract. I am now 368 pounds! In 70 days, I've lost 34 pounds; which averages out to almost half a pound a day.

No other diet plan has even worked this well. What's more, I have also noticed that my appetite has changed for the better. I am eating less and getting full sooner. I will continue to use the Pure Green Coffee Bean Extract as long as I can and I encourage anyone who's morbidly obese like I am to give it a try."

Testimony 2:

Julia DeGarmo, says "I've been using this product for 3 months and I also do at least 1 hour cardio, since then I've lost 30 lbs. and I'm so happy about the results. It's not a magic pill, but I've tried most weight loss pills and this is the only product that I give a thumbs up.

It also took at least 2 weeks for me to see the result and also I stayed away from bad foods, though I don't diet, I eat 5 times a day. And now from size

14 down to 6 now and still, I am losing weight. I really do love this product and the convenience of Wal-Mart having this product is awesome. I don't have to order it online for more money. Thank you Wal-Mart!"

Testimony 3:

Mary Jacobs says, "I have been taking Green Coffee Bean extract since June. I have lost 40lbs. I didn't change my diet right away when I first started, but it became easier for me to do so after a few weeks. I later added Raspberry Ketones, along with a Daily Vitamin and an Iron pill. I started going to the Gym in August and have noticed better muscle tone with the weight loss.

My advice to anyone using this product, it is not a magic pill. You must eventually change your eating habits and you must exercise. These pills can help kick start weight loss, but the real work must come from you. I have had no side effects. I am overall pleased with the results. I purchased both Green Coffee Bean and Raspberry Ketones at my local GNC, but now have changed to an online store. Both products are purchased for less than $40.00 a month."

Testimony 4:

Charlotte Rascal says, "I tried one bottle…I lost 3 pounds during the month, but what I really liked about it is that I didn't feel so bloated, you know when you wear your pants and by the afternoon you are switching to something more comfortable because of the pants getting tighter in the tummy.

After 2 weeks I noticed that went away. I just ordered another bottle but this time I made sure that it said svetol on the bottle. The last one (bought at Wal-Mart) did not have that. So I'm looking forward to see what difference the Svetol® will make. One more thing, I suffer from high blood pressure I monitor my bp very closely while taking it, it did not raise my bp."

Testimony 5:

Annmarie Carolla says, "I tried it for 4 weeks first 2 weeks twice a day and the next 2 weeks three times a day. I did just what I do every day of every week and ate just as I do everyday. After the first 2 weeks I had gained ½ lb and at the end of the 4th week I had lost that ½ pound and was right back to my starting weight??? I'm afraid for me; the magic weight loss pill will remain a dream. I guess its back to the gym."

***Bonus Testimony 6: My Testimony!**

I take the Pure Green Coffee Beans Extract – The Pure Health Brand. I purchased them from Wal-Mart for about $10.00. Trust me; you have to be on a mission to get them! The first time I went to Wal-Mart they were all out of stock. I asked the Wal-Mart clerk when do they restock and she said every night. So, my little trick is to go every two weeks (1 bottle lasts for about two weeks if you are only taking 800mg per day) on a Tuesday. Don't ask me why I picked Tuesday…it just seems like when I go on a Tuesday, it's there. I was very skeptical about it just like everyone else and I figured I would give it a try.

Ever since I have been taking green coffee extract, my stomach bloating has practically gone away. My belly has gone down and continues to go down. Trust me; it looked like I was 4 months pregnant. I still have a ways to go but at least I'm making progress. For years I suffered from terrible menstrual cramps, bloating, nausea, and overall terrible pain when it was my time of the month.

I'll tell you the truth; I would get really grumpy! At the time when I first started taking the green coffee extract, I was on my period. I kid you not…within 24 hours of taking the green coffee beans extract, I had more energy, my stomach cramps were gone, and the bloating had gone away. I

was thanking God! I also drank about 8 ounces of pure aloe vera juice and 2-4 cups of green smoothies per day. This was a relief! As far as the weight loss, only time will tell. I'm not saying it will work for everyone but it surely helped me with an issue I had for **YEARS**.

There you have it…the proof is in the pudding. I can tell you now that a lot of people are not getting results because they are purchasing gelatin-filled, cellulose, and stearate-filled capsules that are not pure. It's got to be 100% or nothing. Plain and simple.

Drinking three glasses of water before every meal will help you lose weight, because you will burn a lot of calories running to the bathroom. - Unknown

Chapter 2: Which Green Coffee Capsules Should I Take?

Although Dr. Oz and Dr. Lindsey suggested taking green coffee beans extract in capsule form; some people like to make it at home.

Here's a quick way to do it:

It is very easy and practical especially if you are planning to drink it on a daily basis. Coffee is a rich source of chlorogenic acid, a very powerful antioxidant.

But the most potent health giving elements of coffee are polyphenols which has higher concentration on raw, green coffee beans. It rids the body of free radicals which is the most common cause of cell degeneration. Roasting coffee beans diminishes its chlorogenic acid compound content. Extracting these natural compounds through the green beans is more ideal and definitely healthier.

Eating the right food and getting enough exercise is never enough to get your body to its optimum health. You need the help of active, naturally occurring elements that help eliminate toxins. Here is the step-by-step guide on how to make green coffee.

Step 1: Sourcing out quality green coffee beans

Of course any green coffee bean will do but those with higher quality (beans from Columbia, Hawaii, or Brazil) have higher concentrations of polyphenols. Not only does it have better nutritional content, but it also tastes better and richer. This can make a difference in your experience of drinking the green coffee extract.

Step 2: Preparation of how to make coffee extract

Put in 2 oz. of green coffee beans on a teapot with 12 oz. of distilled water. Put it into boil then turn down the heat. Let the brewed beans simmer for 10-15 minutes (be careful not to overcook it to maintain the integrity of taste of the beans). Remove it from direct heat and let the green coffee bean extract cool for an hour.

Step 3: Enjoying your green coffee extract

Once the coffee is cool enough you may put it into a sterile container. The extract is good for consumption for 2 days but refrigeration is necessary. If you want to have a fresh drink of extract all the time you may want to brew the beans for a single serving only. To maximize the health benefits of the green coffee, drink it twice a day. You may want to add some sweeteners

(honey is a good choice) to add flavor to the extract. You should probably skip this though if you are taking the extract for your diabetes.

There you have it. Extracting green coffee beans is simple but it can provide you with a natural way to detoxify effectively. Preparing your own cup of green coffee extract is also ideal compared to buying off the shelf green coffee products that have significantly diminished nutritional value.

Another option is to just buy the green coffee capsules. I did a little snooping and I have created my ratings report for 4 of the top green coffee products on the market based on product ratings, price, availability, company reputation and real world testimonials.

Ratings for 4 of the Top Selling Green Coffee Extract Companies

There are a lot of BS green coffee companies out there and I want you to know the facts. It's time to be an informed buyer.

There are hundreds but I have narrowed down the top 4 companies based on:

- Honest Reviews
- Money Back Guarantees
- Ingredients
- Company Reputation
- Contact Information

I found my information by checking reviews and sales rankings on Amazon.com, Ebay.com, some weight loss and diet blogs, review sites like Ripoffreport.com, Trustpilot.com, Better Business Bureau and other consumer review sites that allow the company to respond to any and all complaints.

By the way, I can figure out if the reviews are fake. People are so smart, aren't they? It's so obvious, especially on Amazon.

Below I will rate each company on a scale from 1-5 for each category mentioned above.

1 – Poor (0.0 – 1.0 star terrible reviews, lots of complaints, no refunds, no contact information, bad reputation online)

2 – Needs Improvement (2.0 – 2.5 bad reviews, lots of complaints, some contact information, no or little refunds, sketchy company reputation)

3 – Average (3.0 – 3.5 star reviews, more good than bad reviews, some complaints, contact information, refunds or money back guarantees, solid company reputation, needs improvement in certain areas)

4 – Above Average (4.0- 4.5 good reviews, great business practices, little or no complaints, contact information, clear money back guarantees, solid company reputation)

5 – Fantastic (5.0 star reviews, excellent business practices, no complaints, contact information and fantastic customer service, money back guarantees, solid reputation)

I will provide my explanations for the reviews under the table below.

Legal stuff: I do NOT officially endorse any products mentioned below. I am only providing my personal opinion based on my research. I am also not receiving any money for endorsements.

	Pure Health 100	Genesis Today	Diet Health Solutions	Purecap Labs
Reviews	3	3.5	4	4.5
$$ Back Guarantees	4	4	4	4
Ingredients	5	4	3	3
Company Reputation	3	4	5	3
Contact Information	3	4	1	4
Total Score	3.6	3.9	3.4	3.7

Pure Health 100: Pure Health had average ratings on the majority of sites I reviewed including 3/5 Stars on Amazon, 3.2/10 on Trustpilot.com, 3.5/5 stars on Wal-Mart, and a D rating on the Better Business Bureau site.

The company has pure ingredients for green coffee extract including using the Svetol® & GCA® extraction process, 45-50% chlorogenic acids, and vegetable cellulose aka vegetable capsules. There were several complaints on the Ripoffreport.com and Trustpilot.com site against Pure Health 100 because of no delivery of products and no response by email.

The company has responded to all complaints. All of the BBB complaints were resolved and closed. A company representative responded on the

other two review sites and apologized for the inconvenience of the backlog. Apparently, this is during the time when Dr. Oz first introduced the green coffee product and they were short staffed and overwhelmed. That is why my overall rating is 3.6.

*__Genesis Today__: Genesis Today had a 3 star rating on Amazon. I found a 5 star rating on Wal-mart for some products. On some diet review blogs, the average rating was 4.2. I actually found a lot of complaints from some anonymous employees on employer review sites but they did reiterate that the products were natural and healthy. However, they were not happy with the management team. The ingredients are pure and natural. You can also easily find their contact information online. They have a clear money back guarantee. My overall rating is 3.9.

Diet Health Solutions (3.4 rating): Diet Health Solutions has a 4 star rating on Amazon.com. They also have an above average rating for their business practices on Amazon. I could not find anything else on this business. Maybe this is because they are enrolled in Amazon fulfillment services. An eBay seller selling these items has a 99% rating. From the reviews, some people have said that they have other ingredients besides green coffee extract in their supplements.

Purecap Labs: Purecap Labs has a 4.6 star rating on Amazon. I must be honest; some of these reviews appear to be fake. I'm still on the fence about this one. I did rate them according to their ratings online. They have added ingredients which are African Mango and Raspberry ketones. They do have a website with contact information. I really don't see any complaints online. My rating is 3.7.

Green Coffee Beans Extract – Wal-Mart

1. Wal-Mart Brands:

(a)Pure Health Green Coffee Bean 400 mg Capsules, 30 count

Company: Pure Health 100

Contact Information: be-well@purehealth100.com or call 1-888-323-9355

Website: www.purehealth100.com

Price: $9.88

(b)Spring Valley Green Bean Extract Dietary Supplement with Svelte and Yerba Mate, 30 count

Company: Spring Valley Herbs and Natural Foods

Phone Number: 417-882-1033

Website: www.springvalleyherbs.com

Price: Varies at different stores

(c)Thin Tab Green Coffee Extract with Green Tea 30 (500 mg tablets)

Company: Inch by Inch Weight Management Center

Website: www.inchbyinch.com

Price: $8.97

The Safety of Green Coffee Beans

Green coffee beans extract made it to the international wellness stage thanks to the endorsement of big names in the wellness industry. There is more to it than just marketing hype though. Green coffee bean extract does work against various degenerative diseases thanks to its high concentration of polyphenols.

Green coffee beans extract safety is a recurring concern of many eager users. The thing is green coffee extract is pure and natural. It is completely safe for human consumption.

The Health Giving Goodness of Green Coffee Bean Extract

The health benefits of green coffee extract are amazing. Since green coffee extract helps in regulating the release of glucose in the blood, it also speeds up your metabolism and this helps you to burn fat.

What you get is a two pronged approach to weight loss. It helps you control cravings and can even get your appetite down too. The natural occurring substance (chlorogenic acid) in coffee beans (raw coffee beans that is) can facilitate weight loss effortlessly.

Studies have shown that green beans coffee extract helps people lose up to 10% of their body weight in just 3 months. Aside from that it can also

prevent and help manage diabetes by controlling blood sugar levels. It is also good for the heart, lowering your risk of contracting cardiovascular diseases.

Green Coffee Beans Extract Safety

Like taking other health supplement products, safety can be a very serious consideration. Fortunately green coffee extract is an all natural product. The process of extracting all its health giving benefits from green coffee beans is not at all complex, eradicating worries for synthetic additives that can be dangerous to some people.

Green coffee bean extract is considered food so you can take 4 capsules a day without any worry for over dosage. You need to be careful though when you buy green coffee bean extract. NOT ALL green coffee extract out in the market today is safe for you. Take time to consider where you buy your green coffee extract. Be sure that you source it from credible suppliers and online stores.

Also make sure to read the label and its ingredients. It must not have any additives. It must be just natural green coffee extract. Read reviews and research on the brands that do not only have good branding (any wily

marketer can use impressive branding to attract consumers) but also those with a solid reputation in making natural health supplements.

The Dosage for Green Coffee Beans Extract

It is indeed one of the newest entrants of natural wellness products in the market today.

Why take the capsule form of green coffee bean extract

First, we need to talk about green coffee extract capsules. Ideally green coffee extract should be directly sourced from the raw coffee beans. But this can take time and can present a problem when you are a person on the go. The best way to get all the health benefits of green coffee naturally is to take green coffee extract in capsule form. Capsules get rid of the discomfort of taking the green coffee in its pure form which can be very bitter. It also cuts preparation time dramatically.

You can carry as much as you want with you everywhere you go. Choosing the best brand of green coffee bean extract can make all the difference. You are assured that you are enjoying the green coffee's health benefits safely.

Maximize green coffee bean extract dose

How can you maximize the health goodness of green coffee extract? Make sure you take right amounts of it every day. Ideally green coffee extract capsules should have at least 400mg of green coffee content each. Dr. Lindsey Duncan, an advocate of green coffee extract suggests that the capsules should be taken twice a day 30 minutes before eating your meal. The good news is green coffee extract is not a medicine but is classified as good food, very good food. So Dr. Lindsey encourages taking 2 capsules twice a day. This will ensure that you are taking the coffee extract optimally giving you great results for whatever reason you might have for taking the extract.

Where to buy green coffee bean extract?

Not all green coffee bean extract products are good for you. In fact only a few stay true to the essence of natural and pure green coffee bean extract. Be sure to get 100% vegetarian 400 mg capsules with no additives. Before you pay up make sure to check the contents of the green coffee extract. It must have no synthetic compounds with at least 45% - 50% chlorogenic acid concentration. It must also be made and distributed by

well reputed companies. This can make all the difference in your green coffee experience.

"Joining a fitness club is a good idea, but only if you go to it. Just remember: The club has only one guarantee, that you will pay a monthly fee."

Chapter 3: How Can I Avoid Green Coffee Scams?

The hype behind green coffee extract is spawning green coffee beans extract scams, wreaking havoc to the good reputation of this amazing wellness product. With online marketing, it is very easy to get swayed on great promises with many online sellers finding a way to get easy bucks on people who have desperate health needs.

The best way to counter these scams is to know more about green coffee extract, the scientific basis of its claims, and the testimonies of thousands of people who have been given a new lease on a healthy body through taking green coffee bean extract capsules. Reading related resources online can help you grasp the science of green coffee and convince you of why you need to buy into its health benefits.

Preventing green coffee beans extract scams – Buy from trusted companies

Dr. Oz's recommendation of the green coffee extract supplements made the product prone to the entry of bogus and untrusted online stores. This made buying a green coffee product very tricky. So how do you

prevent yourself from being a victim of these wily online sellers? Make sure to buy from reputable companies that have a solid backing of well-known personalities in the wellness industry. It is easy to spot reputable sellers. They offer a money back guarantee that is supported by clear policies on returns and its applicable fees.

Do your own share of research. Scour the internet of online reviews of green coffee bean extract products and take note of where people are buying it online. Read customer reviews of these online stores and take note of some key information of purchase experiences related to customer support, shipping, and return concerns.

Green coffee bean extracts: the figures and facts to consider

Green coffee beans extract has a solid backing of a comprehensive scientific study on its health benefits. This study also provides for key details on the effectiveness of the extract.

The extract should be 100% pure and natural with vegetable cellulose as a filler and supplements. Other Synthetic fillers can significantly affect the effectiveness of the extract and also breach its original claim to be a natural product. Sellers who take seriously the natural claims of the coffee

extract are legitimate and could be trusted to deliver what their products promise.

Before you buy the product, read carefully its contents and ingredients. Also cross reference its contents to other products just to make sure you are getting the best green coffee supplement. It pays to be careful especially when buying products that will have a direct effect to your health.

The hysteria behind green coffee extract has sparked controversy among dieters. Apparently there are a lot of hype-filled claims out there by internet marketers who are ruining the good reputation of a well-known health and wellness gem.

When it comes to surfing the net, it is very easy to get caught up on "big" promises of another diet "miracle". The best way to separate the zeroes from the heroes among the green coffee beans extract vendors is to do your homework. Review the research about the University of Scranton study where people had significant results of weight loss.

Get the scientific basis behind the claims, and the testimonies of hundreds or even thousands who have reported weight loss and more energy.

You'll be amazed if you visit Amazon.com and type in 'green coffee' in the search box. There are a slew of green coffee supplements out there but how do you determine the duds from the studs? Simple. Read the reviews and I'm not talking about the fake reviews that the company probably hired someone to make with all the mushy hype. Oh trust me. You can definitely pinpoint a true review from a false one.

I'll give you a great example…

Just recently Dr. Oz posted a question on his facebook page asking people to leave their comments/results about the green coffee extract. You probably won't believe this…but within a couple of hours, there were over 400+ 'real world comments' weighing in on the extract.

The comments came from every kind of person you could possibly think of. Different people, different cultures, different body types, different health situations etc… and guess what? Some people lost weight and some didn't. There were mixed reviews across the board.

I read comments like:

- "I lost 46 pounds this year using this product! I love it!"
- "It didn't work for me."

- "I love it! I lost 5 lbs already!"
- "It didn't do a thing for me!"

And on and on and on…

The problem is ever since Dr. Oz's recommendation of the green coffee supplement, bogus online distributors popped up. This made a lot of people reluctant about purchasing the product. So, how are you going to prevent yourself from being a victim of these scams? Find a reputable seller with a 100% money guarantee that is supported by honest business policies on returns.

Green coffee beans extract capsules have a solid backing from Dr. Lindsey Duncan, Celebrity Nutritionist and Naturopathic Doctor. Dr. Lindsey suggested that fillers can significantly affect the overall health benefits and cause side effects. Before you buy the product, please read the label and double check the ingredients.

The overall question here is, "Are the capsules fake?" The answer is a sincere, no. The claims of green coffee are true, backed with evidence and real world testimonies. You just have to do your own research in order to make an informed decision.

Purchasing Supplements: Safety Guidelines

A lot of us like to take supplements whether its vitamins or dietary. You may not know this but all supplements are not created equal. Some supplements are spiked with illegal or recalled prescription substances. When I say illegal, I'm referring to chemists in illegal labs cooking up something that may be deadly.

Now don't get me wrong, we do have the FDA (Food & Drug Administration) but they can only do so much. Once you report them and the FDA comes to bust them or close up shop, they can still be available online or on store shelves.

You should be able to shop safely and avoid scams by following these guidelines:

1. **Miracle Claims:**

You definitely want to avoid all of these miracle claims. I believe when green coffee extract really hit the fan, people were slamming Dr. Oz for claiming it was a "miracle" pill. If it seems too good to be true then it probably is. If the product has words like "long-lasting" or to work "rapidly" in minutes or hours – that's a big red flag. If it says any of those things, don't buy it.

2. Prescription "Strength":

Avoid anything that claims to be an alternative to a prescription. If a supplement claims to be just as good as a FDA-approved drug or have similar effects to a prescription drug, these are red flags. Only take any prescription drugs under a doctor's care – don't go seeking crappy alternatives.

3. Foreign- Language Packaging:

I don't know about you but if I can't read it....I surely won't buy it! Avoid any and all products marked in a foreign language you cannot understand. Look for misspelled words or poor grammar. If the product doesn't have a website, company name, or phone number, don't buy it.

If you see any of these, report them to the FDA.

Honest Brands with Nothing to Hide

Dr. Lindsey has stated on his site that honest brands should post their Certificate of Analysis ("CoA") directly on their websites. This will show consumers that their raw materials have been tested and certified to contain no less than 45% chlorogenic acid.

Stick with the brands that contain 100% pure green coffee bean extract in vegetarian capsules (aka "vegetable cellulose") with no fillers, no additives, and no artificial ingredients.

Be sure to look out for labels that state:

- Maltodextrine
- Calcium Carbonate
- Microcrystalline Cellulose
- Gelatin (sourced from animal skin and bones)
- Magnesium Stearate
- Silica

And other herbal ingredients that claim a weight loss benefit

Fake Dr. Oz Endorsement Scams

On the Dr. Oz show he recently announced that he did NOT endorse any product. He actually told viewers to report companies that are using his name or image. So, if you have seen companies saying "As Seen on Dr. Oz" or "Dr. Oz approved or recommended" don't buy it. These are companies looking to make a quick buck and are not affiliated with Dr. Oz.

Fake Amazon Reviews (paid product reviewers)

Have you ever gone to Amazon to purchase a product and the reviews were too good to be true? I'm talking about every review or 90% of the reviews state the product is "amazing" or "terrific" or when they suggest "you should purchase this product with" something else.

Unfortunately those are fake reviews and here's some advice on how to pinpoint them.

- You can't find a website or phone number for the company.
- The person reviewing the product did not actually buy the Amazon product to begin with.
- The person reviewing the product reviewed a lot of products in the same category within a certain amount of time.
- The person is promoting another product in the comments section of a related product.

To better help you…here's an actual Amazon review warning people about certain green coffee reviews:

"First, I could not find a website or phone number for this company. Second, and probably more telling, I sampled about 30 reviews, and found

that more than 80% had only reviewed other diet pill products. Third, if you look at the dates of these reviews, the majority are clustered within a couple short time periods (i.e. over 70 reviews, all of which were five stars, were made between July 15th – July 19th). I do not think the airing of the Dr. Oz show would create clustering to this extreme, especially considering that the Dr. Oz show aired months before this July clustering. I am not saying this is necessarily a scam, as I have not tried this product I bought, nor am I going to give it away now for someone else to try, but I would say that this information is worth considering before buying. I do believe that this company is using Amazon reviews to self-promote its products, and customers deserve to be warned about it."

Wow, the nerve of some people!

Private Label Green Coffee Scams

There's another scheme brewing on the internet. These are private label companies claiming to have 100% natural ingredients and unfortunately these capsules are laced with bad fillers that have nasty side effects. In other words, they just slap a company label on a bottle of capsules and claim it's "pure" and all natural. Be careful and beware of these.

"I've been on a diet for two weeks and all I've lost is fourteen days." – Totie Fields

Chapter 4: How Can I Avoid Nasty Side Effects?

Remember that vitamins, minerals and other supplements aren't regulated in the same way as prescription drugs. If you are going to use vitamins and supplements make sure you investigate possible benefits as well as potential side effects that can occur.

Pay attention to brand names and the ingredients listed as being contained in any product. Make sure that you follow the instructions on the bottle and don't ingest more than what is suggested. If you believe a supplement or product is causing adverse effects, it would be wise to stop taking it and contact your doctor or the manufacturer.

Reported Side Effects from people using the Filler Brands (not 100% pure):

- Headaches
- Bad Stomach Cramps
- Severe abdominal pain
- Constipation
- Loss of Energy
- Coffee Jitters

Remember those are added fillers, that you definitely DON"T want in your vitamins or supplements…I'm going to share with you the nasty side effects of each one. If your green coffee bean capsules contain it, don't buy it.

1. **Maltodextrine** – It is often used as an artificial sweetener. For the majority of people it's not harmful but consuming large amounts of maltodextrin can lead to weight gain. People with certain food allergies such as to wheat, corn, potatoes, or virtually any base starch from which maltodextrin is processed, may want to stay away.
2. **Calcium Carbonate** - It is widely in treatment of calcium deficiency symptoms, there are certain risks involved. Side effects are rare if taken in the correct dosage and under medical supervision. Some of the side effects include swelling of body parts, irregular bowel movement, medicine interaction, difficulty breathing and calcium overdose.
3. **Microcrystalline Cellulose** - It is widely used in many pills and tablet formulations. It is considered an insoluble fiber and it is not absorbed into the blood stream. It can't be toxic when taken orally and there are some noted side effects in animal studies

which are: increased bowel movements, weight loss (the feeling of fullness) and allergic reactions.

4. **Gelatin (sourced from animal skin and bones)** - Gelatin has been used in foods for more than 100 years, as well as a supplement for enhancing hair and nail health. Side effects are not common, they are possible. Certain side effects include: allergy to gelatin, toxin exposure, liver and kidney function based on the protein in the gelatin, and also dermatitis (inflammation of the skin).
5. **Magnesium Stearates** – It is used as a lubricating ingredient in capsules, tablets, and vitamin supplements. According to the FDA, magnesium stearate is a granulating agent. There are certain issues with the ingesting of magnesium stearates and high dosage weakens the immune system over a period of time.

Pure Green Coffee Extract vs. Fake Supplement Fillers

After Dr. Lindsey's television appearance on the Dr. Oz show, numerous websites and fly-by-night companies exploded on the scene with their version of green coffee capsules. In preparation for the re-air of the green coffee bean segment, Dr. Lindsey commissioned a third-party

laboratory to test these so-called green coffee bean products on the market. Remember a lot of them claimed to be "pure" and have at least 50% chlorogenic acids in their capsules.

As a result of the tests, multiple brands had an extremely low amount of chlorogenic acid. As a matter of fact, one brand contained only 0.04% chlorogenic acids! You know this is truly a shame and I would love to know which brand that was. "Please reveal it Dr. Lindsey!"

You can determine the real from the fake by looking at the back of the label. I know I've said this a million times but please look at the label, research the company's reputation, and check to see if the reviews are fake. A lot of people are getting paid to do product reviews.

Can I Take Green Coffee Bean Supplements With My Other Medications?

Before you start taking any GCBE (green coffee bean extract) supplements please make sure you consult with your doctor.

According to the Mayo Clinic, diet pills can interact with other medications such as those used to treat asthma, blood pressure, hypertension, and diabetes. They could also interfere with other medications such as antidepressants, vitamins, and herbs.

The stimulants found in diet pills usually increase your metabolism and speed up certain processes within your body. This causes you to have an

increased heart rate, pulse, and metabolic reactions. This is why it's so important to talk to your healthcare provider. Better to be safe than sorry.

"Every time I get the urge to exercise, I lie down till the feeling passes." ~Unknown

Chapter 5: Fat Burning Super Foods to Help You Maximize the Pure Green Coffee Diet

I'm sure the #1 reason you want to buy green coffee extract is for its fat burning ability. Yeah, sure it has its health benefits but it definitely increases your metabolism and allows you to burn fat.

I must warn you…it's going to take some work on your part. "Work?" you say… Yes, you heard me correctly…WORK.

I'm not one of those unrealistic people who think that a "miracle" pill is going to blast the fat away from these thighs. I know what it takes to not look at my circumstance and fight my way through.

Trust me; you'll feel so much better knowing you had to work for it.

Here's a little advice: Eat Super foods. Exercise regularly. Drop the white and processed foods. Stick with whole grains. You can do it!

I'm going to share with you my TOP 5 Fat Burning Super foods that work like magic. You may not be able to stop cold turkey but I want you to gradually "introduce" them into your daily diet.

Start with these 5 fat burning super foods to get back on track:

1. **Whole Grains** – We've all heard that we should be eating more whole grains and to be honest with you, when I hear

the term, it just sounds disgusting and tasteless. A grain is considered "whole" when all three of the part (bran, germ, and endosperm) are present. Whole grains are one of the top sources for B vitamins, vitamin E, magnesium, iron, and certainty fiber. This is actually beneficial in its own right because it helps to regulate bowels, hunger and metabolism. The most common whole grains are: oatmeal, wild rice, whole wheat, whole oats, and barley.

2. **Grapefruit** – My absolute favorite! Grapefruit lowers the insulin levels in the body. Those lower insulin levels also help to curb your appetite. Another nice benefit is that grapefruit is one of the many super foods that are high in fiber. You know what that means don't you? Its poop time!
3. **Blueberries** – A second favorite! This little blue baby is power packed with some wonderful goodness. Recent studies in rats eating blueberries show that the blue pigment found in blueberries triggers the body's fat burning gene. They are full of vitamins and antioxidants.

4. **Apples** – An apple before each meal helps you lose weight. They are high in pectin and fiber so you feel full longer.
5. **Spinach** – I guess Popeye was right about spinach. They taste good in green smoothies with bananas and are high in antioxidants, vitamins A, K, B and C.

There you have it! There are of course many more than this but these incorporated into your diet will give you a fat burning boost.

Here are 3 simple healthy and fat burning green smoothie recipes to help you lose weight:

1. **Pineapple Mango Green Smoothie**

Ingredients:

2 cups of pineapple chunks

1 chopped mango

2 bananas

Fresh raw spinach (your choice of how much)

2 cups of almond milk

Fresh distilled water

2. **Spinach Banana Green Smoothie**

Ingredients:

Fresh raw spinach

2 cups of bananas

2 cups of almond milk

Fresh distilled water

3. Kale Fruit Delight Green Smoothie

Ingredients:

Fresh raw kale

1 cup of blueberries

2 bananas

1 cup of strawberries

2 cups of almond milk

Fresh distilled water

Directions:

All of these are very simple recipes. You put all of your ingredients into your blender and mix. You just blend until smooth and that's it!

I've been getting so many emails from people every single day with a lot of questions about green coffee beans extract and I wanted to dedicate this portion of my book to them.

"I never worry about diets. The only carrots that interest me are the number you get in a diamond." – Mae West

Chapter 6: 30 TOP FAQs Answered About Green Coffee Beans Extract

1. *What is pure green coffee bean extract?*

The term "pure" green coffee bean extract is a natural substance produced from raw, unroasted coffee beans. It consists highly of chlorogenic acid which aids in weight loss.

2. *What is chlorogenic acid?*

Chlorogenic acid is a compound found in polyphenols which is greater in raw coffee beans. It was a proven factor in the University of Scranton weight loss study.

3. *How does chlorogenic acid help me to lose weight?*

Chlorogenic acid increases your metabolism. To put this as simply as possible, it sends a signal to the liver to stop releasing glucose into the blood stream. This allows your body to burn stored fat and use the glucose as a form of energy, since it increases your metabolism, it speeds up your fat loss.

4. *I would like to know in detail how green coffee beans extract burns fat?*

Green Coffee Pure says it perfectly:

"If chlorogenic acid is present in the body it causes the liver to slow the release of glucose into the bloodstream. The body requires a certain amount of glucose to create energy in order to perform physical activities throughout the day.

When there is an insufficient amount of glucose in the bloodstream, the body will turn to its stored fat supply and convert it into glucose. This is known as lipolysis. A benefit of lipolysis is thermogenesis, which causes the body's metabolism to rise in order to burn more fat."

5. Will the green coffee bean extract work for me if I have a fatty liver?

Try detoxing your liver with a bunch of fresh fruits and vegetables to restore the liver to a healthier state. Also try taking a spoonful of apple cider vinegar in a cup of water or aloe vera juice.

6. What are the side effects of green coffee extract?

Some people have reported having mild stomach cramps, severe headaches, and nausea with the FAKE brands. The pure green coffee beans extract does have a little caffeine but based on the scientific study, it should not affect you with the coffee jitters. However, if you are sensitive to caffeine, you may have mild jitters.

7. Is green coffee bean extract a type of drug or prescription medicine?

Green Coffee Extract is not a drug or prescription medicine. It does not require a prescription to obtain.

8. Can I just drink regular coffee and get the same results?

No. Regular coffee does not contain the same health benefits as raw unroasted coffee beans. Once it is roasted it loses its chlorogenic acidity and it is high in caffeine.

Questions about Green Coffee Extract Ingredients

9. Is there any caffeine in pure green coffee beans extract?

Yes, there is a miniscule amount of caffeine in green coffee beans because caffeine is a natural substance in green coffee beans. However, once the extraction process has occurred, it eliminates the majority of caffeine and it's high in chlorogenic acid.

10. What are all the ingredients in pure green coffee extract?

Green coffee bean extract, Svetol (some), vegetable cellulose, and some have GCA (green coffee antioxidant), 45-50% chlorogenic acid

Questions about Taking Green Coffee Extract

11. In what form does green coffee extract come in?

Green coffee extract can be made at home into a liquid form. It also comes in a tablet and capsule form. Dr. Lindsey suggests taking the vegetable capsule form because it's easy to digest.

12. How do I know if I am getting a real "pure" green coffee product?

Do your research. There are a lot of companies claiming to have "pure" green coffee beans extract but they are lying. Plain and simple. Do your homework to make sure you are purchasing from a reputable company with a solid reputation, 100% money back guarantee, all natural ingredients, and customer service contact information.

13. When is the best time to take the green coffee capsule?

It is best to take green coffee extract at least 30 minutes prior to taking any meals.

14. How often should I take green coffee capsules?

You should take 400mg capsules 3x a day at least 30 minutes before you take a meal or right before eating.

15. Will I notice instant results when I take green coffee extract?

I have not found anyone who has had "instant" results but I have found a lot of people who have had great results with at least 2-5 pounds lost per week. Remember, this is not a miracle pill but it is a fat burner.

16. What if I have a hormone imbalance?

When your hormones are imbalanced, your body immediately tries to hold onto the fat. Sometimes you may be able to take extra natural health supplements to help with this issue. I would recommend checking with your doctor before adding additional supplements to your diet.

17. What happens if I stop taking the green coffee capsules then start again?

For the best results, take green coffee bean capsules on a daily basis. However, if you were to miss a day, DON'T take extra capsules, just start all over again the next day.

18. Can I take extra green coffee bean extract capsules to increase weight loss?

I wouldn't advise upping the ante on these capsules. You should probably stick with the usage instructions by taking 400mg capsules 3x a day. Talk to your doctor prior to increasing the dosage.

19. Can I take green coffee extract with other supplements/vitamins?

Yes. Pure Green Coffee Extract can be taken with other NATURAL vitamins and supplements.

20. How old do I have to be to take it?

Dr. Oz has emphasized on his site that this is for people18 years of age and older.

21. Can my 15 or 16 year old take it?

No. It's specifically for adults only (18 years and up).

22. Where should I store green coffee extract?

You can store your green coffee capsules at room temperature or below, preferably 75 F / 24C. Don't store it in packages mixed with other supplements or fillers.

23. Can pregnant or breastfeeding women take it?

No, it is not recommended. You can consult with your physician.

24. Can I take it on a regular basis as a supplement?

Green Coffee Extract is a dietary supplement and should be taken as such. It is not recommended to take regularly. It is intended to aid in weight loss.

25. Can I take green coffee extract with other medications for hypertension and blood pressure?

Consult with your medical doctor before mixing any products or supplements.

26. Are Green Coffee Beans Extract Supplements Safe?

The all natural 100% green coffee veggie capsules are safe.

27. Can I mix green coffee supplements with raspberry ketone supplements?

Maybe. Some people are seeing some fantastic results with this. You definitely want to consult with your physician. Warning: Both products speeds up your metabolism and could possibly raise your blood pressure.

28. What if green coffee pills make me sick?

Stop taking them.

Green Coffee Weight Loss Success Stories and Suppliers

29. Are there any reported green coffee extract weight loss successes?

Dr. Oz conducted his own study 'The Green Coffee Bean Project' and they enlisted 100 women. Half of the women received a placebo pill while the other women received the green coffee capsules and the green coffee capsule group lost an average of 2 pounds per week.

30. Where should I buy green coffee capsules?

Buy them from suppliers who have a Certificate of Analysis and have certified raw materials with at least 45% chlorogenic acid. Pure Health 100 and Genesis Today do have this.

Conclusion: Where to Start

SO, What Do I Do Now?

Before I tell you what I think you should do I want you to think about the real reason you want to purchase green coffee beans. Are you looking for a "quick" fix? Are you looking for a "miracle" pill? Are you looking for a way to lose weight WITHOUT eating healthy and exercise?

If so, this is definitely not your solution. But if you looking for a supplement that will assist you in your new diet regimen while you are changing your eating habits and exercising, then maybe it's for you. As I've said before, it's going to take some work on your part but I believe that you can truly lose the weight you've always dreamed of if you stick with a plan.

When I lost those 30 pounds in 30 days, I felt like a soldier getting ready for war. I was stoked and on a mission. Nothing or nobody was going to stop me from achieving my weight loss goals....AND they didn't. I actually inspired more people to eat healthier and live their best life.

That's what it's all about anyway! Living, loving, laughing, learning, being healthy, and being positive...and for God sakes don't put yourself down before you even start!

I am not professing to be a size 2. Trust me, I have a long way to go myself but at least I am doing it naturally and helping others along the way.

I always tell people BEFORE you spend a dime on any company, research its business practices, reputation, customer reviews, money back guarantees, and PRICE. A lot of companies want your money but I want you to have results. I know what it feels like to be disappointed and embarrassed when wearing clothes. But I learned to love me and I am confident with whom I am and you should be too.

So the place I would encourage you to start is on your mindset. You have to get in that warrior mindset where you are on a mission. You are ready to fight! You are going to win this battle against weight loss with or without green coffee beans!

I can't wait to hear about your success and that's the main reason I started my blog about green coffee beans. It's for people just like you.

About the Author

Kate Redwine
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Blog: www.greencoffeebeansextractblog.com

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Kate Redwine is a Green Coffee Bean Enthusiast. She is also a Best-Selling Author and lover of natural health remedies. In 2010, Kate lost 30 pounds in 30 days with raw food, green smoothies, and gold old fashioned exercise. She is the CEO of Positive Thing LLC, a consulting and information publishing firm that motivates and empowers others all across the globe through positive empowerment. She is the owner of her own social network, Positive Thing, and several websites and blogs. She is a bookworm, PTA mom, dog lover, and vanilla bean cupcake junkie. She is the mother of a beautiful teenage daughter Lexi and currently resides in Los Angeles CA.

The Green Coffee Bean Lady's Community and Support System

I know all of this information may be a bit overwhelming. Trust me, you're not alone. We've all been there. I created this book to answer the many questions that people email me on a daily basis and come to my blog for. I'm not your typical author. I don't just give information and leave my readers hanging. I believe in offering a community as a support system for people to get answers, interact with each other, share our diet success stories or woes, encourage each other, and help keep each other on track. This is what www.greencoffeebeansextractblog.com is all about. Please visit our community for awesome contests where I'll be giving away free bottles of pure green coffee beans extract, my free 7 day kick start e-course, and find out more information about our Secret Green Coffee Gems PRIVATE Facebook group.

Love and Light,

Kate

**** As a kind gesture, can you please review this book? I would truly appreciate it. ****

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Pure Green Coffee Bean Extract: The Quick Start Guide to Burn Fat, Avoid Green Coffee Scams, and Reviews of Green Coffee Beans for Weight Loss

Rave Reviews

Woww!!! Kate just makes the green coffee extract diet so easy to understand. Can't wait to try the tips included here! Two thumbs up, Kate! :) ~ Celine Francisco

I have only read a few chapters and I'm already hooked! I'm inspired to lose weight! Kate knows her craft! ~ Tammie Grey

This was just what I was looking for! Thanks so much! All of my questions have been answered. ~Jaime White

About the Author

Kate Redwine is known as the "Green Coffee Bean Lady" because she is a green coffee bean enthusiast who has spent countless hours researching everything there was to know about green coffee beans. She's also a Best-Selling Author who loves natural health remedies. In 2010, Kate lost 30 pounds in 30 days with raw food, green smoothies and good old fashioned exercise. She loves to share her stories, tips, and secrets about natural weight loss. She is the owner of Positive Thing LLC, a consulting and information publishing firm with a focus on positive empowerment. She is a mother of a beautiful teenager Lexi and currently resides in Los Angeles, C

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